

## UNDERSTANDING PERSONALITY DISORDERS

Personality Disorder	Behavior	Emotions triggered in the Helper	Suggestions
Paranoid	distrust, suspicious, believe others have malevolent motives	intrusive, suspicious, "overlooking something"	Provide details and alternatives, explain risks/benefits carefully, take concerns about privacy seriously, respond precisely to questions
Schizoid	detached, restricted range of emotions, aloof, loner	bored, annoyed, detached	Respect need for physical distance, give very clear advice and information
Schizotypal	eccentric, magical beliefs, fantasies, discomfort with relationships, loner	fear, annoyed, detached, "weirdo"	Respect need for privacy, don't debate perceptual distortions or magical thinking, explain recommendations clearly
Antisocial	manipulative, violates rights of others, seem charming, irresponsible	reciprocal hostility, guilt, hate, fear, "special," loss of control	Provide only necessary assistance. beware of the potential for criminal behavior and misrepresentation, pay more attention to objective assessment
Borderline	impulsive, difficulty sustaining relationships, unstable emotions	anger, maternal, tense, hate or guilt, want them to go away or die	Maintain limits and boundaries. beware of making promises about outcome, beware: they may vent rage if disappointed or rejected
Histrionic	dramatic, flamboyant, seductive, attention seeking	excited, "special", guilt, flattered, attracted, annoyed, frustrated	Respect and professionalism, beware of pushing them away, understand drama helps them deal with anxiety
Narcissistic	self-important, grandiose, patronizing, arrogant	defensive, competitive, insignificant, humiliated, hate, guilt	Realize they are insecure underneath the facade of independence and competence, provide sincere reassurance and encouragement.
Avoidant	withdrawn, isolated, fear of criticism and embarrassment	smug about detachment, uncomfortable, annoyed, intrusive	Avoid any hint of blame or criticism, realize they are hypersensitive, may respond more to written questionnaire vs verbal questioning
Dependent	needy, clinging, eager to please, helpless	powerful, maternal, later aversion, hostility	Beware of behavior change when disappointed, set limits, maintain boundaries, avoid acting irritated
Obsessive-compulsive	orderly, compulsive, inflexible, overvalue work	unorganized, incompetent, irritated	Respect need for control, give information, details, choices, engage in creating care plan